

## Presentation to the Legislative Interim Committee on Children, Families, Health and Human Services

August 25, 2016



# YOUTH CRISIS DIVERSION PROJECT A ROADMAP FOR HELPING YOUTH IN CRISIS

#### Missoula and Helena

#### **Key Points**

- Total number served during two year period of these grants:"
   Missoula 83 in FY 16 (in just 6+ months) and 45 in FY 15 = Total of 128
   Helena 12 since January 2016 and 10 in FY 15 = Total of 27
- 2. Data Handout
- 3. What we tried to solve

a. A response to families in crisis due to the disturbance of their children and to get services to them as quickly as possible.

- b. Also, to avoid unnecessary removal from the home and high end hospitalization stays if avoidable.
- And create a model for our mental health services for crisis response children and families.

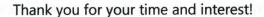
### 4. Our approach

- a. Avoid crisis by getting good information and access to services out immediately – a website!
- Find and be there when families do come
   forward panicked to get help create a contact
   point in the community... the hospital(s) and schools.
- c. Help them find services Crisis Facilitation with a qualified mental health practitioner.
- d. If the youth in crisis needs to be stabilized out of the family have a local residential crisis stabilization program utilizing Youth Shelters for adolescents and specially trained emergency foster care providers for younger children.
- e. Get mental health services and support to the family quickly develop collaboration among the local mental health centers that serve youth and families to insure available in home services.

- 5. What seems to be most critical in the success of the effort?
  - a. That point of 1<sup>st</sup> contact and where it exists unique to each community and, if there, isn't one where can it be created.
  - b. Collaboration, collaboration, collaborate! Crisis is not good for business (compared to a waiting list) but it is critical to a family in crisis.
- 6. What have been the outcomes?
  - a. In Missoula....
    - We have served a good number of families 129 to date and 79 in the last 6 months of FY 16.
    - Agencies are working more together than in decades.
    - Most youth have not been hospitalized during the process nor within the next 6 months.
    - Families report (90%) that they felt they got help.
  - b. In Helena...
    - This Project has had a hard time getting traction!
    - Only served 20 families
    - What youth we have served have done well.
    - Not sure we have reached the truly stressed families we hoped to reach.
    - Agencies have not collaborated yet and the hospitals have not joined in and they
      are critical... to serve those who need hospitalization and to divert families to a level
      of services that better fits their needs.
- 7. So what have we learned?
  - a. Collaborate, collaborate, collaborate!!!
  - b. Have the 4 key elements in place a key point of 1<sup>st</sup> contact, a front loaded, intensive case management and evaluation services, access to in home mental health services and a placement option for crisis stabilization.
- 8. What I would ask of the Committee?

Unfortunately, I don't think we yet know enough to develop a statewide system for crisis response. I would ask the Committee to support and even urge on-going funding for these projects for another two years (maybe with expansion to

7 sites). And it, most likely, would have to be funded with general funds again.



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